



# The Family Guide to Camp Sabra

Thank you for choosing Camp Sabra for your child's summer experience. We are proud of our staff, our programs and our facilities at our summer home, and we work hard to create the summer of a lifetime! Sabra strives to be a safe, nonjudgmental space for a diverse population. Welcome to our family.

Camp Sabra's joyous Jewish community will strengthen the Jewish identity of our campers and staff. Our core values of Kindness (Chesed), Gratitude (Hakarat Ha Tov), Courage (Ometz Lev) and Social Responsibility (Achrayut) will inspire campers and staff to be life-long menches, advocates for justice, stewards the environment, have a connection to Israel and remain engaged in Jewish community life.

Please read with care the information that we have provided for you. If you have questions:

## Contact Information/ Cell Phone Numbers

Kim Sloan, Director	314-680-2906	<a href="mailto:kim@campsabra.com">kim@campsabra.com</a>
Lisa Deutsch, Associate Director	314-420-3928	<a href="mailto:lisa@campsabra.com">lisa@campsabra.com</a>
Joshua Rudman, Assistant Director	636-346-6066	<a href="mailto:jrudman@campsabra.com">jrudman@campsabra.com</a>
Jewel McKercher, Operations Mgr	402-216-7353	<a href="mailto:jewel@campsabra.com">jewel@campsabra.com</a>
Monica Gamm, Health Center Mgr	573-539-7668	<a href="mailto:healthcenter@campsabra.com">healthcenter@campsabra.com</a>
Camp Office (beginning May 23)		<a href="mailto:office@campsabra.com">office@campsabra.com</a>

## Quick Links

- Medical Information
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## Inclusion and Our Welcoming Community

### What we stand for...

Camp Sabra believes that everyone deserves to live in a safe, welcoming community. We celebrate all campers and staff in the spirit of the Jewish Tradition that all humans are created b'tzelem Elohim, 'in G-d's image.' We are committed to creating an atmosphere at camp where all campers and staff feel safe, supported, respected, empowered and equal.

Everyone is welcome at Camp Sabra regardless of race, color, religion, sex, sexual orientation, gender expression, gender identity, age, national or ethnic origin, citizenship status, physical ability, veteran status, political affiliation, marital status, familial status, or any other reasons protected under Federal, State, and local law. No person at Camp Sabra will be harassed, excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity for which they are otherwise eligible.

## **Policy Regarding Transgender, Nonbinary and Non-Conforming Staff and Campers**

Camp Sabra welcomes children and staff who are transgender, nonbinary and gender non-conforming. All campers and staff will live in the housing that reflects their gender identity. As with all information regarding the privacy of our campers and staff, we will not notify parents/guardians of anything to do with the gender identity of anyone in their child's bunk.

## **FAQS:**

### **How do I get my first-time camper ready for camp?**

- Help first-time campers become independent with their daily self-care like showering, brushing teeth, brushing hair and keeping their items together.
- Show your camper where everything is when you are packing. Oftentimes, kids do not realize they have something in their duffle or trunk.
- Talk to first-time campers often about camp: what they are excited about and what concerns they may have? Use a calendar to show them the duration of their camp time.

### **What should my child wear on Shabbat?**

Campers wear white on Shabbat. Examples are a white shirt and khaki or colored shorts; a white (or mostly white) dress; or a white (to mostly white) skirts or shorts.

### **What types of shoes should my camper bring?**

A sturdy pair of tennis shoes or rubber-soled, closed-toe shoes will be what your camper primarily wears at camp. Lots of campers also have either Chacos or Teva-type sandals that are supportive and waterproof. These waterproof shoes will also be used in the shower. Although popular, we suggest NOT bringing slides or Crocs as they can cause series skin rashes. Please do not send flip flops or shoes with heels as our camp is all gravel roads.

### **Do you allow nuts at camp?**

Sabra is free of major allergens such as peanuts, tree nuts and sesame seeds. No food should ever be brought/sent to camp. See more info on meals here.

### **Do you allow packages at camp?**

No, we do not accept packages. Only letters will be accepted. Any packages received will be disposed of. See more info on communicating with your camper here.

## **Medical Information**

You will send your camper's prescription medications, supplements, vitamins and any over-the-counter medications taken on a regular basis directly to camp. Here is how:

1. Prescription medications, supplements, vitamins and any over-the-counter medications taken on a regular basis must arrive arrive by: June 1, (1st Session and Mini Camp 1A) June 15 (Mini Camp 1B), July 29 (2nd Session and Mini Camp 2A) or July 13 (Sabra Sampler).
2. Any prescription medications, supplements, vitamins and any over-the-counter medications must come with a Doctor's permission/prescription (either arrive with the medication or on file with camper's med form) or it cannot be administered.
3. Prescription medications MUST be in the original prescription container.
4. Supplements, vitamins and any over-the-counter medications taken regularly must be in original, unopened container.

Send your medications to:

Camp Sabra

Attn: Health Center, Monica Gamm

30750 Camp Sabra Road

Rocky Mount, MO 65072

### **If Your Camper is Sick or Injured at Camp**

- We always have nurses at camp during the summer. We also have doctors during most weeks or utilize telehealth Physicians.
- If your camper has a medical situation that requires care outside the scope of our Health Center, we will send your camper to an Urgent Care facility. You will receive a phone call before we leave camp. Examples of these types of medical situations include stitches, X-rays, orthodontic work or other non-routine measures.
- The medical team will alert you if your child needs to stay overnight in the camp Health Center for any reason. Phone calls will not be made for routine medical issues, such as cuts, scrapes, or bruises.
- We have over-the-counter medications like Advil, Tylenol, antacids and cold medications that our medical staff will give as needed.
- Our medical team will do lice checks at the beginning of camp and regular skin checks throughout the summer to check for any infections or ticks.

### **Sunscreen and Bug Repellent**

Please send campers with sunscreen and a bug spray that includes tick repellent. We will have bottles of sunscreen available in most of the activity areas so campers can reapply. Counselors will also be checking to make sure campers apply both regularly.

### **Addressing Homesickness Before and During Camp**

It is common for both campers and staff to feel a bit anxious and lonely when they first arrive at camp.

- Before your child leaves for camp, talk together about how your child will handle feeling sad at camp. Explain to your child that occasionally feeling sad or missing home is a normal aspect of being away from home and that dealing with and overcoming those feelings is part of the growth that everyone experiences at camp. Some strategies for handling these feelings are:
  - No Bargains. When you tell your child "If you don't like camp, you can come home," what you are saying is "I don't think you can do this, so I will come and get you."
  - Make a blank calendar at home before they leave and "fantasize" each day of camp as you put them to bed at night (what did you do today? what did you do when you were sad? etc.).
  - Send a letter the week before camp so it will be there when your child arrives at camp.
  - Encourage them to talk to a counselor or other staff member when they are sad or anxious. Our staff are all trained in helping campers through struggles they may experience related to separation from home. In addition, having your child get through rough times can be an empowering lesson and make for great conversations after camp.
  - Having comforting objects from home with them at camp (i.e., a stuffed animal) can help campers feel a sense of home.
  - Practice using positive self-talk with them (i.e., "I am here to have fun, new experiences," "camp is a great place, and I will be home before I know it.").

# How to Communicate with Your Camper

## Campanion:

- Download the Campanion app
- Use your CampInTouch Account email address and password to log in
- Upload a training photo of your child, which enables the app to send you photos of your camper over the summer
- Ensure you have push notification enabled within your phone settings so you can receive important updates from camp all year long!

## Snail Mail:

We accept letters in #10 envelopes (approx. 4.5"x9.5"). Larger envelopes & packages are NOT accepted. Please tell your friends and family, anything larger than a #10 envelope or postcard will be disposed of.

Name of Camper  
30750 Camp Sabra Road  
Rocky Mount, MO 65072

## Emails:

1. Use your Campanion app to easily send and receive emails.
2. Use your Campintouch account.
  - Log into your CAMPINTOUCH account.
  - Click "Email"
  - Write your note.
  - Click the box that says, "I would like a reply from my camper" (This will attach a reply sheet to your camper's letter).

To sign up friends and family:

- Log into CampInTouch.
- Click "Guest Accounts."
- Click "invite friends and family" and sign them up. They can then view photos and send emails.

## What if my child sends an upsetting letter?

Be aware that you may get an unhappy letter home. When a camper writes home, it is usually at a down time (rest hour, bedtime, in between activities), so they may be missing home more at that time. For instance, you may get a letter that says, "I am miserable. Pick me up as soon as you can!" or "Jimmy is being so mean to me and he is leaving me out of everything." During the school year, this would not be something to reach out to the teacher or principal about unless it happens repeatedly. Letting your child work through the issue with our staff helps build resilience and self-advocacy, and it will accelerate their adjustment to camp. You can answer with "I know you were sad when you wrote but remember how excited you were to do the zipline!" or "It's hard to be sad, did you talk with your counselor? I know you can do this!"

Of course, if you continue to receive concerning letters, contact camp and we will check in with your camper and their staff. You can read more about homesickness and some actions you can take [here](#).

## Photos of Campers

We post photos daily.

You can view photos two ways:

1. Companion app with facial recognition
2. Parents/guardians and guests can access the photos on your CampInTouch account.

We will also post daily to Facebook and Instagram. Follow us to watch our reels and other posts.

Remember: We will do our best to get photos of your child. Some campers like the camera and some do not. Some days we will have multiple pictures of your child, while other days you may not see any. We cannot promise daily photos. Please allow three days to contact us if you do not see your camper in photos.

## Life at Camp

### Mealtimes:

Campers will be eating in the dining hall with the entire camp. All food served at camp is kosher. In addition to the regular menu, we have many other options: salad (which always includes a protein), sun butter (made from sunflower seeds) and jelly. Snacks are given twice a day: once in the morning and once in the afternoon. If your child has food allergies or other dietary restrictions that you'd like to discuss, please contact Lisa at [lisa@campsabra.com](mailto:lisa@campsabra.com) or 314-442-3125.

We are a rustic camp and to avoid having critters enter the cabin, please make sure your camper does not bring any food to camp. This includes candy, gum, and drink mixes (for adding to water).

### Birthdays:

We celebrate birthdays with the whole camp singing a special Sabra birthday song, a cake for the birthday child's cabin and a special Sabra gift. It is a blast to spend your birthday at camp!

### Laundry:

Your child should come to camp with two unique laundry bags clearly labeled with their first and last name. We cannot be responsible for items lost or damaged in the laundry, so please do not send valuable items to camp. Laundry is provided by a third-party service:

- Four-week campers will have their laundry done three times.
- Masada campers will have their laundry done twice.
- Two-week campers will have their laundry done once.
- One-week campers (those in the Sabra Sampler program) will not have their laundry done.
- Soiled sheets will be changed discreetly by a member of our leadership team after the campers leave the cabin. Please let us know if your camper has any specific problems in this area.

Your camper's luggage and individual belongings should be clearly labeled with their first and last name.

### Electronics:

Camp Sabra is a screen-free environment. Campers can bring MP3 players (like the Campfire Player) that do not have a screen. Digital cameras are also allowed. Please leave all cell phones and iPads at home. Camp Sabra is not responsible for lost, broken, or stolen items. Please do not take phones or iPads on flights or long bus drives. The camp experience begins at travel to camp and being without a phone or iPad is a great way to already meet a new friend.

### Bunking Arrangements:

- Campers are put into cabins according to grade level.
- We will not notify parents of bunking assignments prior to the start of camp.

## **Safety and Security**

**The security of our camp and our campers is our top priority. If you have any questions regarding safety and security, don't hesitate to contact us.**

### **Visitors:**

If you will be dropping off or picking up your camper for any reason other than the session arrival or departure day, we will meet you at the security gate with your child.

### **Swimming:**

We have lifeguards at every water activity. Campers are required to wear lifejackets during all lake activities except the waterslide (where life jackets are optional). This area is shallower, and a lifeguard will be at the bottom of the slide to assist campers out of the water. Campers will take a swim test in the pool during the first few days of camp. If they can not pass the swim test, they will need to wear a life jacket in the pool.

### **Hammocks:**

Campers are not allowed to bring personal hammocks to camp. (Hammocks are allowed in Masada Village.) We have a Hammock Village where campers will be able to use camp hammocks.

### **Security:**

We have a secure gate at our entrance and security guards 24 hours a day while camp is in session. At bedtime, there is one counselor in each cabin on duty for the evening. There are also Senior Staff on duty in each of the villages.

## **Payment**

Camp fees must be paid in full by May 1, 2025 (unless other arrangements have been made with Camp Sabra). No camper will be allowed to board the bus or attend camp if an account is not paid in full or a payment schedule has not been arranged.

### **Cancellations and Refunds:**

1. Cancellations prior to February 1, 2025 will forfeit the \$200 deposit or \$750 deposit for Masada.
2. Cancellations after February 1, 2025 and before May 1, 2025 will forfeit 50% of tuition.
3. Cancellations after May 1, 2025 will forfeit full tuition.
4. Non-refundable monies cannot be transferred to another camper or held for future use.
5. There will be no pro-rated or full refunds given if a child leaves or is sent home before the end of the session.



## **Transportation**

Travel and luggage information specific to your departure city will be sent out by Jewel McKercher in a separate email prior the start of your camper's session.

### **Important Camp Sabra Transportation Safety Rules**

1. Campers will be accompanied by at least one counselor per every 12 campers per vehicle.
2. All passengers must wear seat belts in vehicles where seat belts are installed.
3. In school buses where seat belts are not installed, all passengers must remain seated.
4. Passengers will remain seated until vehicles come to a complete stop and door opens.
5. Bus loading area will be across from Dining Hall.
6. Bus unloading area will be on the hill by the swimming pool.
7. Bus unloading will start after bus has turned around and is completely stopped.
8. Van loading and unloading will be at the side of the office.
9. All campers and staff will stay clear of all arriving and departing vehicles until the vehicle has come to a complete stop.
10. All visitors will park in the Visitor Parking area and then check in at the office.
11. All vehicles entering Camp Sabra must obey all speed limit signs and watch for hiking campers.
12. A list of campers and staff names will be given to each driver prior to leaving camp and the office is to be supplied the same list.
13. If two or more Camp Sabra vehicles are traveling together, the group will caravan together.